Lopez Senior Center

CITY OF SAN ANTONIO
DEPARTMENT OF HUMAN SERVICES
TEAMWORK • INTEGRITY • INNOVATION • PROFESSIONALISM

WELLMED
CHARITABLE FOUNDATION

FITNESS CLASS SCHEDULE

You may sign up in person starting at 7:15 am or you may call after 7:30 am to sign up for a class on that same day

All classes are first come, first served. Voicemail NOT accepted to sign up for aerobics classes

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	FITNESS LIGHT (ACTIVITY ROOM 3)		FITNESS LIGHT (ACTIVITY ROOM 3)		
8:30 am		FITNESS EXPRESS (ACTIVITY ROOM 3)			FITNESS EXPRESS (ACTIVITY ROOM 3)
9:00 am	VIDEO Workout (ACTIVITY ROOM 3)		ZUMBA gold • toning (ACTIVITY ROOM 3)	VIDEO Workout (ACTIVITY ROOM 3)	
9:30 am		ZUMBA gold (ACTVITY ROOM 3)			CHAIR FITNESS (ACTIVITY ROOM 2)
10:00 am	YOGA (ACTIVITY ROOM 3)		YOGA (ACTIVITY ROOM 3)	LATIN Dance (ACTIVITY ROOM 3)	YOGA (ACTIVITY ROOM 3)
10:30 am		CHAIR FITNESS (ACTIVITY ROOM 2) LATIN STRETCH (ACTIVITY ROOM 3)			ZUMBA gold (ACTVITY ROOM 2)
11:00 am			FLAMENCO (ACTIVITY ROOM 2	BELLY DANCE (ACTIVITY ROOM 3)	
11:30 am		TAP DANCE (ACTIVITY ROOM 3)			
12:00 pm	CORE BALANCE (ACTIVITY ROOM 3)			LINE DANCE (ACTIVITY ROOM 3)	
1:00 pm		ZUMBA gold (ACTIVITY ROOM 3)	TAI CHI (ACTIVITY ROOM 3)	ZUMBA gold (ACTVITY ROOM 3)	

FITNESS CLASS DESCRIPTIONS

BELLY DANCE:
Beginners Belly Dance focusing on simple movements and dances

***CHAIR FITNESS:**
Fitness exercises done while sitting in a chair

FITNESS EXPRESS:
Combination of exercises including cardio, bands and weights

***FITNESS LIGHT:**
Strength and cardio exercises using chairs, bands, weights

FLAMENCO
A Spanish dance art form

LATIN DANCE:
Latin American ballroom and folk dancing

LATIN STRETCH:
Exercise class focused on stretching and movement to Latin rhythms

LINE DANCE:
Exercise and movement focused on Line Dance and Social Dance

TAI CHI:
A Chinese exercise using slow and controlled movements

TAP DANCE:
Beginners tap– introduction to basic tap steps and dancing

VIDEO WORKOUT:
Workout following on-screen instruction

YOGA:
Exercise using physical postures, breathing techniques and meditation

ZUMBA GOLD:
Cardio dance class to improve balance, flexibility and cardiovascular strength

ZUMBA GOLD—TONING:
Cardio dance class but with light weights for added muscle toning

*Chair Assisted Class

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